Incline Village Recreation Center Group Fitness Class Schedule
COVID-19 Modified Schedule September 13 to September 19, 2020

Please wear a mask when you enter the building, and any time you are not exercising

Please remember to social distance when your mask is off

Please make a reservation online: **https://register.yourtahoeplace.com/wbwsc/webtrac.wsc/splash.html**

You must have an active membership for 3 months or longer to make a reservation. No drop-ins or weekly memberships at this time.

Group Fitness classes are limited to TEN member participants per social distancing requirements.

Bring your own mat and water!

Restrictions and guidelines will change as the threat of COVID-19 decreases or increases

	Sunday 9/13	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18	Saturday 9/19
6:15 – 7:00 AM		**HIIT** Group Fitness Room *Sandy*	**Cardio Cycle** Deck *Denise*	**Cardio Cycle** Deck *Denise*	**Cardio Cycle** Deck *Sandy*		
7:45 – 8:45 AM							**Cardio Cycle** Deck *Kristen*
9:00 – 9:50 AM	**Sports Conditioning** Back Half of Gym *Kris*	**Zumba** Deck or GFR *Sue*	**Flexibilty, Core & Balance** Gym or GFR *Pandora*	**Flexibilty, Core & Balance** Gym or GFR *Sue*	**Flexibilty, Core & Balance** Gym or GFR *Sue*		**Strength Conditioning** Gym or Deck *Kristen*
10:10 – 10:55 AM	**Yoga** Backyard Rec Center *Naomi* *Ends at 11:10 AM*	**Cardio/Strength Conditioning** Gym or GFR *Sue*	**Cardio/Strength Conditioning** Gym or GFR *Sue*	**Cardio/ Strength Conditioning** Gym or GFR *Pandora*	**Strength Conditioning** Gym or GFR *Frank*	**Strength Conditioning** Gym or GFR *Frank*	**Zumba** Deck or GFR *Lupe*
11:15 – 12:00 PM		**Yoga** Backyard Rec Center *Barbara* *Ends at 12:15 PM*	**55+ Fitness** Deck or GFR *Sue*	**55+ Yoga** Deck or GFR *Taylor*	**55+ Fitness** Deck or GFR *Frank*	**Yoga** Backyard or GFR *Dolores* *Ends at 12:15 PM*	**Yoga** Backyard or GFR *Dolores* *Ends at 12:15 PM*
12:15 – 1:15 PM					**Zumba** Deck or GFR *Lupe*		
5:15 – 6:00 PM		**Yoga** Backyard Rec Center *Naomi* *Ends at 6:15 PM*	**Cardio Cycle** Deck or GFR *Sandy*				